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Nature of School and Sexual Behaviour of Adolescent : An Overview

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Abstract

Introduction: This paper presents relationship of school and sexual behaviour of adolescent. *Context:* Adolescent are the group where physical and psychological changes occur. Adolescents are the most susceptible group which faces challenges from society and educational institutions for which they are neither prepared nor they know how to address the problem. *Aims:* To investigate the cross-sectional relationship between Nature of school and Sexual behaviour of adolescent. *Settings and Design:* In this study, we have queried various controlled personal and sexual questions to 250 students of age 15-18 yrs. *Methods and Material:* This study gathered questionnaire based information from students of different types of schools of Ranchi suburb, Jharkhand, India. A total of 56 boys (37.34%) were from boys school and almost double of that were form co-ed schools (i.e. 94 (62.67%)). Based on the nature of school male participants were examined for selected sexual questions (Fig. 1). A total of 42 girls (42%) were from girls school and slightly higher than that were form co-ed schools (i.e. 58 (58%)). Based on the nature of school girl participants were examined for selected sexual questions (Fig. 1). *Statistical analysis used:* Parameters against which sexual questionnaire was examined are as follows: Nature and syllabus of School. The sample will be described in relation to the independent variables, stratified for nature and syllabus of school. *Results:* For sexual questionnaire (Have you noticed any bodily changes in yourself that you do not understand?) answers were taken in 'YES' and 'NO'. A total of 7.14% male participant from boys school said 'YES' (i.e. they do not completely understand pubertal changes in themselves). Likewise, 9.58% of co-ed school students responded with a 'YES'. Whereas, a total of 92.86% and 90.43% students from boys school and co-ed school responded 'NO' (i.e. they do completely understand pubertal changes in themselves), respectively. For sexual questionnaire (How do you feel when you see sexual content on television and/or online resource?), was provided with options such as, 1) disgusted 2) funny and 3) aroused. A total of 25% students from boys school said that they were 'disgusted' whereas, 47.88% students from co-ed schools said that they get 'disgusted' when they see sexual content on various media. Almost, 16% students from both boy's school and co-ed schools said they found sexual contents on television and internet as 'funny'. Interestingly, 58.93% students from boy's school said they got 'aroused' by viewing sexual content on television and internet. Whereas, 34.05% students from co-ed school said they get aroused by viewing sexual content on television and internet. *Conclusions:* We confirm that adolescents from girls only school were more sexually educated and were least likely to be indulged in any reproductive health problems. Whereas, boys from co-ed schools were least likely to be indulged in any reproductive health problems. Children who are comfortable with their parents are least likely to be involved in criminal activity.

Keywords: Adolescent behaviour; Sexual behaviour of adolescent; Nature of school and adolescent sexual behaviour.

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Introduction

Adolescence is a phase of rapid growth and development during which physical, physiological and behavioural changes occur. They constitute more than 1.2 billion worldwide, and about 21% of Indian population. Morbidity and mortality occurring in this age group is mostly due to preventable causes. Young and growing children have poor knowledge and lack of awareness about physical and psychological changes that occurs during adolescence and the ill health affecting them. Existing Adolescent health programmes focus on rendering services like immunization, health education for sexual and reproductive health, nutritional education and supplementation, anemia control measures and counseling. In India, according to (Sivagurunathan *et al.*, 2015), there are many challenges concerning adolescent health, such as; reproductive and sexual health, mental health, nutritional problem, substance abuse, road traffic accidents, challenges in parenting and challenges in existing health services. In global context, WHO reports that about 1.3 million adolescents died from preventable causes and/or treatable diseases during 2012 (WHO, 2012). Among all causes road traffic injuries were the leading cause of death among adolescents (Fig. 2) (WHO, 2014). The figures in adolescent girls are even more threatening; about 15% of global maternal death occurs among adolescents' girls (Abouzahr, 2013). Injuries and neuropsychiatric disorders were the major issues among adolescents. A disturbing pattern of increase in adolescent obesity due to great shift in diet and activity pattern has been reported in earlier studies (Popkin and Gordon-Larsen, 2004). Studies also note that most of the diseases have association and roots in adolescence. Specifically, half of all mental health disorders in adulthood starts by the age of 14 yrs, most cases are undetected and untreated due to careless avoidance (WHO, 2014). In the South East Asian Region, unipolar depressive illnesses in females, and road traffic injuries in males were the major health issues and it remains at the top throughout the years. AIDS has emerged as a third leading cause of disability adjusted life years (DALY) in adolescents in the last decade (WHO, 2014).

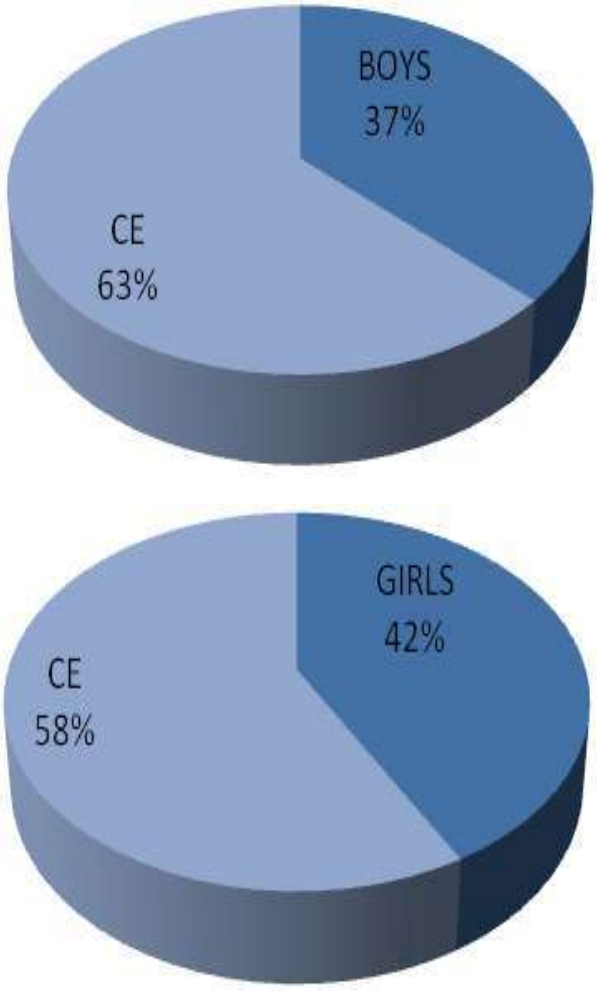

Fig. 1: Percentage of boys and girls in boys only and girls only schools and co-ed schools

Materials and Methods

Study population

This paper is based on questionnaire based on personal and sexual questionnaire. Adolescents from different schools were taken. Natures of Schools were Boys only schools, Girls only school, Co-ed schools. Data was collected from the students by giving questionnaires. Since some questionnaire was purely sexual in nature so many schools not allowed me to collect data. So data was collected after school hour outside the school premises and from the adolescents in the mall came for shopping, outside the picture halls etc. Since the questions were very personal and sexual in nature, strict confidentiality was maintained. No name of school and no name of students were proposed by the candidates, which was agreed as consent before participation in the survey.

Preparation of questionnaire

Questionnaires include personal and sexual types. Adolescents in these suburbs are very shy to respond to questions which are sexual in nature.

Specially, girl participants are very difficult to open up comparing to boys. Therefore, a female interviewer was accompanied to question female participants.

Results

- For the first sexual questionnaire (Have you noticed any bodily changes in yourself that you do not understand?) answers were taken in 'Yes' and 'No'. A total of 7.14% male participant from boys school said 'Yes' (i.e. they do not completely understand pubertal changes in themselves). Likewise, 9.58% of co-ed school students responded with a 'Yes'. Whereas, a total of 92.86% and 90.43% students from boys school and co-ed school responded 'No' (i.e. they do completely understand pubertal changes in themselves), respectively.
- For second sexual questionnaire (How do you feel when you see sexual content on television and/or online resource?), was provided with options such as, 1) disgusted 2) funny and 3) aroused. A total of 25% students from boys school said that they were 'disgusted' whereas, 47.88% students from co-ed schools said that they get 'disgusted' when they see sexual content on various media. Almost, 16% students from both boy's school and co-ed schools said they found sexual contents on television and internet as 'funny'. Interestingly, 58.93% students from boy's school said they got 'aroused' by viewing sexual content on television and internet. Whereas, 34.05% students from co-ed school said they get aroused by viewing sexual content on television and internet.
- For the third question of sexual questionnaire section (i.e. do you have anyone in your family and/or relatives to whom you can talk about your sexual problems?), choices were 'Yes' and 'No'. A total of 16% students from boy's school said that they were able

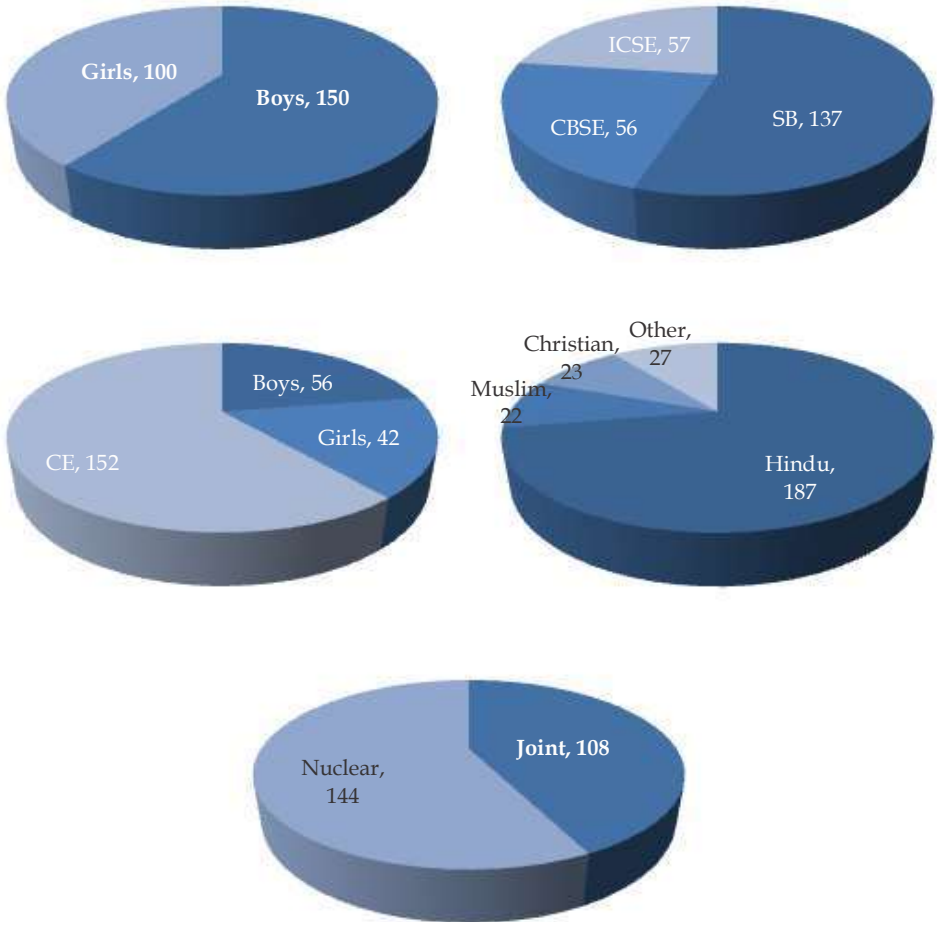

Fig. 2: Counts of participants based on Gender, Type of Syllabus, Type of School, Religion and Type of Family they come from.

to talk to their family or relatives regarding their sexual problems. Whereas, only 9.58% of students form co-ed schools said that they were able to talk to their family or relatives regarding their sexual problems. On the other hand large number of students from both boys and co-ed schools were not able to discuss their sexual problems with their family or relatives. Almost 84% boys from boy's school and 91% boys from co-ed schools were not comfortable to discuss their sexual problems at home.

Discussion

1. Adolescents are stubborn; they take risks, risks which are inevitably disastrously consequential. Why don't they listen, why don't they understand and why it is so hard for parents and society to put an impression on them. Why we hear more and more about juvenile sex offenders. Is there something wrong with them, or is there something wrong with us? Ranchi is a peaceful small city, very cold in the winter and has plenty of months with pleasant weather. Most people employed here are in well secured government jobs. This place is well known for good education, it was well literate even before it separated from Bihar and became capital of Jharkhand.
2. In India girls are not open to discuss their sexual problems; there are evidences that they are also embarrassed to discuss pubertal changes and complications at home. Even information about physical maturation is often not discussed within the family, on the assumption that the silence will convey the taboo nature of this topic, protect a child's innocence, and discourage inappropriate behavior. Studies in different parts of the country have highlighted poor knowledge of adolescent girls even in topics such as menstruation, contraception, pregnancy, a crucial aspect if India is to achieve the net reproduction rate of 1 by 2016 AD (Nair *et al.*, 2007; Hunshal *et al.*, 2010).

Conclusion

In conclusion, our study exclusively confirms following points:

Our study clearly shows distinction between responses of boys and girls from co-ed schools to important sexual questions. For example more girls of co-ed schools said that they got attracted to opposite sex than boys of co-ed schools. Although, percentage of girl were less than boys who said 'they got attracted to opposite sex' but it was evident that among all respondent most answered 'yes' to the question. This implies that boys from co-ed schools were not sexually influenced by opposite sex classmates. On the other hand girls from co-ed schools were more sexually influenced. It was quite interesting that boys from boy's schools were more sexually attracted to opposite sex than any other categories.

Conflict of Interest: None

References

1. Sivagurunathan et al., 2015,.
2. WHO, 2012.
3. WHO, 2014.
4. Nair et al., 2007; Hunshal et al., 2010.